

## 2012 Healing Yoga for Cancer Research Study Survey Responses

**1. Would you be interested in participating in this program if it was offered again at the Cancer Support Community?**

Yes. Class instructor was most informative.	Anonymous
Yes	Anonymous
Yes	bschwiers@comcast.net
Yes, highly interested	surendra@astound.net

**2. Was the day and time of the class convenient for you, if not, please suggest a better day and time.**

That works. Being retired, most times work for me	Anonymous
Yes, evenings are best for me	Anonymous
Yes	bschwiers@comcast.net
Very convenient	surendra@astound.net

**3. What did you enjoy most about the class?**

The explanation of what we were going to do before doing it, as well as the demonstration followed by the instruction given. The repetition of the different position helped to reinforce the positions so that I was able to practice at home.	Anonymous
The poses and mudras which helped me a lot in remaining calm among the pain, chaos and rushing of things in my life	Anonymous
You are a great instructor. I loved the way you tailored the class to the wants and needs of the students. I looked forward to yoga every week.	bschwiers@comcast.net
The relaxation and restorative asanas. Your great teaching skills, especially introducing yoga in simple steps and teaching simple and very effective techniques helped to remove the general fear that Yoga is too complex to practice. Overall it motivated us to include yoga in our daily lives.	surendra@astound.net

**4. What would you like to see changed if the class were offered again?**

The class time went by pretty fast. An extra 30 min would help. Would have been nice to have some networking after the class. Perhaps if the class was earlier that may have happened. Or, perhaps some small refreshments after the last class.	Anonymous
I can't think of anything I would change, except if it was a regularly offered class in the evenings. It was nuturing ? and so relaxing to my body.	Anonymous
Keep the content as is. It is simple and effective.	surendra@astound.net

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**5. Please describe how the practices helped you with your levels of anxiety.**

It helped me sleep better. On the average, I now only wake up once in the middle of the night and some times not until early morning. The exercise helped me practice at home and eased my back pain.	Anonymous
Just having my muscles gently stretched out and practicing the mudras ? really reduced my anxiety level. I recently took two trips, five days each, and I had very little anxiety during both trips.	Anonymous
After class I felt relaxed and refreshed. I also found myself using some of the techniques outside of class, It helped me stay calm in some stressful situations.	bschwiers@comcast.net
Overall it was a very positive influence. Initially I was afraid that yoga practice would considerably increase my incontinence (due to prostate cancer surgery). However except for a few asanas, it didn't really adversely impact me. Towards the end of the program, it was only slightly more than normal.	surendra@astound.net

**6. Please describe how the practices helped you with your levels of sleep disturbance (insomnia).**

My sleep is getting better. On the average, I now only wake up once at night and on sometime am able to sleep through the night. My fatigue has improved.	Anonymous
My body was relaxed more than usual, and it made my sleeping much more regular and comfortable.	Anonymous
I sometimes used it at night to help myself relax.	bschwiers@comcast.net
The yoga nidra practice was very helpful in putting me to deep sleep. It was very relaxing and refreshing.	surendra@astound.net

**7. Please describe how the practices helped you with your levels of pain interference**

The practice at home has helped me stretch and warm up before I get started in the day. This has eased my back pain some.	Anonymous
Helping to gently stretch out the muscles, and using the mudras to calm me, the practices helped me to identify my pain more closely, and treat it more effectively.	Anonymous
I was not experiencing much pain.	bschwiers@comcast.net
It helped me in reducing the intake of pain medications.	surendra@astound.net

**8. Please describe how the practices helped you with your levels of fatigue.**

See #6 above.	Anonymous
Adding more relaxation techniques to my weekly schedule, especially the mudras, helped me to be less often heavily fatigued.	Anonymous
By helping me relax , feel less stressed and sleep better, I wasnt as tired.	bschwiers@comcast.net
Yoga nidra helped me to relax and refresh myself. Was ready to tackle my daily work easily after that.	surendra@astound.net

**9. Please describe how the practices helped you with your levels of digestive disturbance.**

Have not had any digestive issues to begin with. No change.	Anonymous
The focus on the twisting excercises was a great help in keeping my digestive system working more smoothly and regular.	Anonymous
I was not having much digestive disturbance.	bschwiers@comcast.net
Typically the pain medication I was taking caused constipation. With yoga practice, I was able to reduce my intake of medication to overcome this side effect.	surendra@astound.net

**10. In what other ways did your participation in the research project help you with your healing process?**

It was a useful distraction from my anxiety as to my cancer status.	Anonymous
I still practice yoga and pop in some of my favorite poses that this class taught us, and I especially use the mudras that help me to remain calm. I have a much lower anxiety level and this helps me so much in not panicing about every little thing. My life feels so much smoother, and I can focus on the real important things when I need to.	Anonymous
It gave me an overall sense of well-being. I also felt like I was taking a positive step to help myself heal. I enjoyed being in the class with others who were going through similar issues.	bschwiers@comcast.net
Due to recent surgery, had severe pain when using my legs. Due to this my activity level was highly restricted.	surendra@astound.net
With yoga practice I was able to do more physical activities as there were a number of asanas that didn't depend on using my legs.	

**11. Do you think the quality of life assessments used accurately reflected how the program helped you with the five factors we were tracking (anxiety, insomnia, pain, fatigue and digestion)? If not, how would you like to see them changed?**

Not really sure since a lot of my assessment is based on what happened shortly before filling out the assessment. The questions in the Quality of Life Assessment that was provided in the first and last class were too similar in nature. It was tough for me to answer these questions since they were so similar in nature.	Anonymous
I think the quality of life assessments used accurately reflected the factors. I believe it helped to make us more aware of our body's reactions to everyday stress, medications, and exercise, etc.	Anonymous
Yes	bschwiers@comcast.net
Yes it did.	surendra@astound.net

**12. Please give a testimonial about your experience in the Healing Yoga for Cancer program**

I enjoyed the class. It was informative and useful. The size of the class made it comfortable. The instructor was excellent.	Anonymous
I believe this program to be extremely helpful for those going through treatment, or suffering through the after effects of treatment. I suffer from neureopothy in my feet, and fibermyalga, and my medications need to be constantly checked and	Anonymous

<p>balanced.</p> <p>This program helped me greatly, and so easily, in reducing anxiety, constipation, insomnia, and fatigue, and some reduction in pain relief.</p> <p>I highly recommend this program, and I would love to see this class brought back on a regular basis.</p>	
<p>There are many factors out of your control when facing serious health issues, but this yoga class is a positive step towards wellness. I looked forward to yoga every week and left each class feeling both relaxed and energized.</p>	bschwiers@comcast.net
<p>For the first time in my life learn't that yoga was easy to do and thanks to your excellent teaching skills, guidance and supporting handouts gave me confidence to do it on a daily basis. Long time back, more than 30 years ago, had attended yoga classes in India and was intimidated by the complex yoga asanas giving the impression that yoga was not for me and so had never really practiced yoga. I really liked your enthusiasm in teaching yoga in simple terms and emphasizing to practice at our comfort levels and most importantly showing various alternatives to each asana thereby allowing us to chose the method that was more easy and comfortable to do. Additionally giving considerable supplemental handouts and the excellent resources available at your website helped me to easily remember and practice yoga. Your ingenious approach to use available resources at home and yoga techniques for use at office desk were very effective to add yoga in our daily lives.</p>	surendra@astound.net

**13. May I use your responses on my website, in other marketing materials, or in grant requests?**

Yes		4	100.0%
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